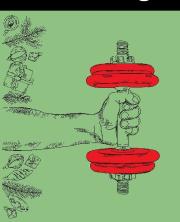
Looking to control eating and weight this holiday season- H.E.L.P. IS HERE!



2021-2022 H.E.L.P.

Holiday Exercise/Eating Learning Program
CHALLENGE IS OPEN TO SRPMIC ENROLLED MEMBERS AND
SRPMIC TRIBAL/ENTERPRISE EMPLOYEES
OPEN TO 100 PARTICIPANTS



During such a hectic time of year, we encourage participants to maintain their weight throughout the holiday season. Participants will receive:

- > FREE weight management program
- Weekly healthy eating tips
- Weight tracking sheet to your email inbox
- Weekly exercise log and food diary
- Encouragement and motivation from the program staff

Starts the week of Thanksgiving 2021 and ends in February 2022.



REGISTER at

https://www.surveymonkey.com/r/N2XCM25

from NOV 1st to NOV 19th, 2021

We encourage participants to share their journey by posting photos and interacting with your fellow challenge community through social media platforms such as Facebook and Instagram using the hashtag #DPSHELPCHALLENGE

All participants who complete the 12-week challenge by reporting their results will receive an incentive.



For more information email Michelle Long at michelle.long@srpmic-nsn.gov